



CITY OF COLLEGE PARK SENIORS PROGRAM NEWSLETTER

FOR CITY OF COLLEGE PARK SENIORS

Special Election

The City of College Park will hold a Special Election for the office of Mayor on Saturday May 6, 2023, 10:00 a.m. to 6:00 p.m. at City Hall, 7401 Baltimore Avenue, 1st floor Community Room, College Park, MD 20740. The early voting date is Tuesday, May 2, 2023, 8:00 a.m. to 7:00 p.m. at Davis Hall, 9217 51st Avenue, College Park, MD 20740.



SENIOR INFORMATION FAIR

The Prince George's County Department of Family Services is sponsoring an information fair on Tuesday, May 16, 2023, 10:00 a.m. – 2:00 p.m. at 6420 Allentown Road, Camp Springs, MD 20748. There will be music and exhibitors. A box lunch will be available for those who register before May 10, 2023. Register at 301-256-8450 or <https://bit.ly/pgcagingunbound>



Senior Health & Fitness Day

M-NCPPC, Department of Parks and Recreation, Prince George's County is sponsoring Senior Health and Fitness Day on Wednesday May 24, 2023 from 10:00 a.m. – 2:00 p.m. at Southern Area Aquatics & Recreation Complex, 13601 Missouri Avenue, Brandywine, MD 20613. Activities will include Zumba, bingo, swimming, chair massages, wellness screenings, art and more. For additional information, contact 301-446-3400 or seniors@pgparks.com. This is a free event for seniors ages 60 and older. Participants must have an M-NCPPC Senior ID to register. Obtain an ID card by visiting any MNCPPC community center with your ID and proof of residency. Visit these nearby centers to request a Senior ID card:

-Berwyn Heights Community Center

6200 Pontiac Street, Berwyn Heights MD 20740

-College Park Community Center

5051 Pierce Avenue, College Park, MD 20740



CITY OF COLLEGE PARK SENIORS PROGRAM STAFF

Seniors Program 240-487-3614

Kiaisha Barber YFSS Director

Angie Burns Seniors Program Manager

Donna Jones

Ellen Berhane

Adrienne Jones

Bethlehem Alemayehu Administrative Assistant

Seniors Social Coordinator

Seniors Advocate/Case Worker

Seniors Advocate/Case Worker

Bus Drivers:

Marina Guzman

Joe Shearin

Richard Delabrer

What is Assisted Living?

Older adults that have trouble living independently may opt to utilize assisted living services. Assisted living services cover a wide range of help and support that may include supervision, assistance with medication management, personal care, help with daily living tasks, assistance with housekeeping and laundry and coordination of social and recreational activities. Designated admissions or intake staff perform assessment's to determine the level of necessary care and the associated costs for services. Services are available for purchase for in-home support or residential living.

Assisted living is expensive. Median costs for care average \$4000.00 and more per month. Medicare does not cover the costs of residential assisted living. Most families use private funds from savings, retirement accounts, pensions, home equity, reverse mortgage, long term care insurance and/or cash value life insurance funds. Medicaid Waivers or Home & Community Based subsidies are available to qualified adults with low income. Veterans may be eligible for financial assistance for assisted living services through the Department of Veterans Affairs programs. Services that are government subsidized often have waiting lists. Again, assisted living services are generally private pay unless you meet eligibility through state guidelines as a qualifying low income older adult.

Interesting dates - May & June 2023

May 4	International Firefighters Day
May 7	World Laughter Day
May 12	International Nurses Day
May 17	World Hypertension Day
June 3	World Bicycle Day
June 4	National Hug Your Cat Day
June 10	World Iced Tea Day
June 21	World Lambrusco Day

Case Management Scenario Involving a Person in Need of Support Services

Case scenario altered to protect client's identity

Mrs. C is an 84-year-old widow and has resided in College Park 16 years. Her husband died 15 years ago of natural causes. Mrs. C and her husband raised their children in Maryland and were employed in blue collar fields. Mrs. C is mother of three and grandmother of six. She has a remarkably close relationship with her daughter and two of her grandchildren. All her grandchildren are out of state residents. Mrs. C's daughter has recently developed chronic health challenges and her challenges have reduced how often visitation and in home support occurs. Mrs. C and her daughter maintain telephone contact.

Mrs. C's health issues are: Stage 4 Kidney Disease, Chronic Back Pain (following 6 back surgeries), Diabetes, Heart Disease and COPD. On behalf of Mrs. C, her daughter has requested assistance with housekeeping and laundry, shopping and meal preparation, transportation, and someone to accompany Mrs. C to medical appointments. Mrs. C maintains her personal care independently.

We are exploring the following resources with the family:

***Maryland Access Point (MAP) specialists work with older adults and caregivers to connect to a variety of services and supports for long term care needs. MAP at 1-844-627-5465**

***Prince George's County Department of Family Services Aging & Disability Services. 6420 Allentown Road, Camp Springs, MD 20748. 301-265-8450 or 301-265-8401. This agency will provide information and service concerning the Home & Community Based Options Waiver for Assisted Living. Mrs. C may be eligible to receive a subsidy.**

***Prince George's County Adult Evaluation and Review Services. The physical location is 9314 Piscataway Road, Suite 214A, Clinton MD 20735. 301-856-4730. This program will evaluate Mrs. C to determine the need for home and community-based services. The evaluation will occur in Mrs. C's home.**

***Meals on Wheels for home delivered meals P. O. Box 797 College Park, MD 20740. 301-927-2700**

***Transportation is coordinated through the City of College Park Seniors Program as well as Metro Access. Additionally, we have forwarded information for Call-A-Cab to Mrs. C's daughter. Call-a-Cab provides reduced costs by purchasing coupon books to pay for cab rides. Call a cab can be reached at 301-883-5656.**

***Neighbors Helping Neighbors to request assistance with transportation and light housework. Neighbors Helping Neighbors at, 301-222-3434 or coordinator@nhn-cp.org**

In the interim, neighbors, friends and church members temporarily provide household chores, shopping, meal preparation and companionship for Mrs. C. City staff is providing coordination of services, monitoring, and emotional support.

Senior Social May & June Schedule

THURSDAYS

10:00am - 1:00pm

Veterans Of Foreign Wars
Post 5627

5051 Branchville Road

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May 4

- Balance Improvement Exercise
- Brain Stimulating Activity

May 11

* NO SOCIAL *
Trip Day

May 18

- Table Games
- Brain Stimulating Activity

May 25

- Day of Art

JUNE

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June 1

- Balance Improvement Exercise

June 8

- Brain Stimulating Activity

June 15

- Balance Improvement Exercise

June 22

- Day of Art

June 29

- Balance Improvement Exercise

FRIDAYS

10:00am - 1:00pm

Branchville Volunteer
Fire Company

4905 Branchville Road

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May 5

- Circle Dance Exercise
- Brain Stimulating Activity

May 12

- Balance Improvement Exercise
- Brain Stimulating Activity

May 19

- Circle Dance Exercise
- Brain Stimulating Activity

May 26

- Table Games
 - Line Dancing
- * MAY BIRTHDAY PARTY *

JUNE

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June 2

- Circle Dance Exercise

June 9

- Balance Improvement Exercise

June 16

- Circle Dance Exercise

June 29

- Circle Dance Exercise

To contact Senior Program staff please call 240-487-3614

** If you would like to receive a monthly email version of the College Park Seniors Newsletter, sign up by visiting: collegeparkmd.gov/cpconnect.